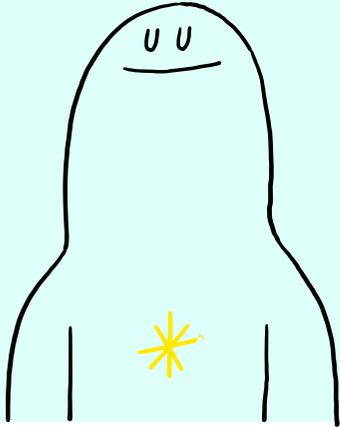


# Is Your Glass Half Full?



JUST LIKE PASSING STORMS, NEGATIVE EMOTIONS DON'T LAST FOREVER. EVEN WHEN THE RAIN IS REALLY POURING DOWN, THE SUN WILL EVENTUALLY COME OUT TO CLEAR AWAY ALL THE DARK AND STORMY CLOUDS.

THIS IDEA IS A POWERFUL REMINDER THAT NEGATIVE EMOTIONS—LIKE STORMS—DON'T LAST FOREVER. IN FACT, NEGATIVE EMOTIONS ARE ACTUALLY PART OF GOOD MENTAL HEALTH. WITH INTENTION AND PRACTICE, WE CAN ALL BECOME MORE AWARE OF OUR EMOTIONS AND TAKE ACTION. YOUR GLASS MAY NOT ALWAYS BE HALF FULL, BUT IT'S OKAY THAT IT MIGHT BE HALF EMPTY RIGHT NOW.

## Discussion Questions

**1.**

After taking on a challenge or experiencing difficult times, pause to consider how that feels in your body. What does this feel like for you?

**2.**

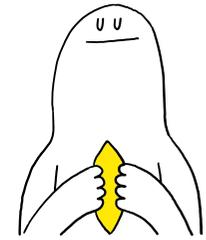
How do you express your feelings and emotions to loved ones?

**3.**

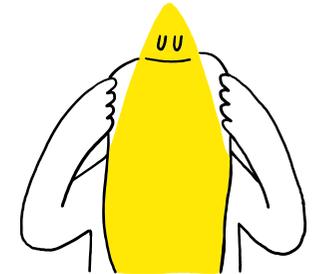
What are some challenges that you've overcome?

# Take Action

- 1.** Begin by taking out a pen or some coloured markers and a piece of paper. Consider a time recently when you felt a strong or negative emotion and draw how that emotion felt inside your body. Share this drawing with your family—sometimes a picture helps others to understand how our emotions feel on the inside.



- 2.** Next time you feel overwhelmed by a negative emotion, consider taking a walk outside—there's a certain type of magic that happens when we are outside. Whether it's a sunny day or a cloudy day, notice how fresh air makes you feel.



- 3.** Keep a page in your journal—or a note on your phone—to write down all the different emotions you feel in a day. Use this list to remind yourself that emotions come and go; they are passing storms. If you're feeling a negative emotion, remember that it will pass.

